

## Routes for student support

**Your welfare is important to us.** We would always advise informing one of the internal sources below if you need support. Any impact on your studies can then be properly considered and assistance or adjustments provided internally as appropriate. If you have experienced bullying or harassment, you should raise it via these routes or through HR.

### Senior Tutor or Deputy Dean



Available to discuss and offer confidential support for any issue impacting your studies—raise it at one of your regular chats or arrange a separate meeting—directly or via Registry.

[studentsupport@icr.ac.uk](mailto:studentsupport@icr.ac.uk)

### Disability support



Disability support advice for any physical or mental health issue which may have an impact on your studies.

### Supervisor



Responsible for day-to-day support—academic and personal welfare.

[researchdegrees@icr.ac.uk](mailto:researchdegrees@icr.ac.uk)

### Registry



Offering confidential advice and guidance on processes and signposting to available support. Drop-in, email, or call.



### Occupational health



Assessments for health impact from/to studies to assist with planning and implementing adjustments. Referral should be made via Registry.

If you experience or witness issues relating to equality or discrimination you should speak about these with your supervisor or senior tutor, and/or contact Chris Bakal as the Equality and Ethnic Diversity Champion for the Academic Dean's Team: [Chris.Bakal@icr.ac.uk](mailto:Chris.Bakal@icr.ac.uk) or ask Registry to arrange a meeting.

## Other direct routes for personal support

### Student wellbeing advisors



Provide a listening ear; can signpost to internal and external support.

### External support



**Employee Assistance Programme.** [bit.ly/ICR-EAP](https://bit.ly/ICR-EAP)

**Nightline.** [nightline.org.uk](https://nightline.org.uk)

**Samaritans.** [samaritans.org](https://samaritans.org) - 116 123 - [jo@samaritans.org](mailto:jo@samaritans.org)

**NHS mental health services.** [bit.ly/ICRNHSmentalhealth](https://bit.ly/ICRNHSmentalhealth)

**Citizens Advice.** [citizensadvice.org.uk](https://citizensadvice.org.uk)

**Mind.** [mind.org.uk](https://mind.org.uk)

Additionally, any concerns about unacceptable or inappropriate behaviour can be raised in confidence at [reportandsupport@icr.ac.uk](mailto:reportandsupport@icr.ac.uk).